

## CLAIMS

I claim:

1. A method for increasing a ratio of CD4/CD8 lymphocytes, reducing a viral load and restoring an immune system, including lymph node architecture, of a person infected with at least one virus, such as HIV, wherein the person is placed in a hyperbaric chamber and exposed to one or more gases at one or more atmospheric pressures for one or more time-periods, the method comprising the steps of:
  - selecting the one or more gases to be used in the hyperbaric chamber;
  - selecting the one or more pressures to be used in the hyperbaric chamber;
  - selecting the one or more time-periods that the patient is exposed to the selected gas(es) and pressure(s) while in the hyperbaric chamber;
  - placing the patient in, or having the patient enter, the hyperbaric chamber wherein monitoring of the patient's vital signs may optionally be provided; and,
  - exposing the patient to the selected one or more gases, at the selected one or more pressures for the selected one or more time-periods.
2. The method of claim 1, wherein the one or more gases is nitrogen, surface air, an inert gas, nitrous oxide or another anesthetic, and wherein the one or more gases, except for air, make up 5% or more of gases in the chamber.
3. The method of claim 1, wherein the one or more pressures selected is greater than one atmosphere.
4. The method of claim 1, wherein the step of exposing the patient is repeated two or more times.

5. The method of claim 1, wherein the one or more pressures selected are equal to an underwater pressure of between 70 and 165 feet.
6. The method of claim 1, wherein the duration of exposure is repeated daily for 3 to 21 days.
7. The method of claim 1, further comprising the step of:  
creating an exposure chart for the person wherein the chart lists the time-periods the person is to be exposed to the selected one or more pressures and selected one or more gases, and wherein the exposure chart is at least partly based on a condition of the person
8. The method of claim 1, wherein the step of placing the patient in the chamber further comprises:  
placing more than one person in the chamber.
9. A method for preventing reproduction of a virus wherein a pressurized chamber is used to cause an atom, molecule or compound from gases that fills the chamber, or from within a patient's body, into an attachment site on a cell wall of a living cell or into a receptor unit on the virus, whereby the atom, molecule or compound prevents the virus from replicating by preventing the virus from attaching to the attachment site of the living cell, the method comprising the steps of:  
selecting one or more gases to be used inside the chamber;  
selecting one or more pressures to expose the patient to while inside the chamber;  
selecting one or more time-periods, wherein each time-period is associated with a selected pressure; and,

exposing the patient to the one or more selected gases in the chamber at a selected pressure for the associated time-period.

10. The method of claim 9, wherein the one or more gases comprises at least 5% of gases in the chamber.

11. The method of claim 9, wherein the step of exposing the patient is repeated two or more times.

12. The method of claim 9, wherein the one or more selected pressures are greater than one atmosphere.

13. The method of claim 9, wherein more than one patient is placed in the chamber and the more than one patients are simultaneously exposed to the gases and pressures inside the chamber.

14. The method of claim 9, wherein the patient remains at the selected pressure for the selected time-period and the patient is subsequently returned to normal atmospheric pressure (1 ata) during a decompression time and wherein the decompression time is at least partly based on a standard decompression table.

15. A method for the treatment of patients infected with a virus, including HIV, involving the inhalation of nitrous oxide at normal atmospheric pressure wherein inhaled nitrogen blocks virus-host attachment sites and prevents the virus from replicating thereby reducing viral load and restoring a patient's immune system, the method comprising the steps of:

selecting an inhalation period, wherein the patient inhales gases comprising nitrous oxide during the inhalation period;

selecting a number of times to repeat the inhalation period;  
having the patient inhale the gases comprising nitrous oxide for the selected inhalation period and, repeating the step of having the patient inhale the gases for the selected number of times.

16. The method of claim 15, wherein a subsequent inhalation period is a different length of time than a previous inhalation period.

17. The method of claim 15, wherein different percentages of nitrous oxide are used during different inhalation periods.

18. The method of claim 15, wherein the inhaled nitrous oxide is provided in a concentration of 5% or more.